Internal and external attributions are opposite, as are unstable and stable. Internal attribution is when you give yourself credit whether it is a failure or success. External attribution is the opposite, when you give others credit for your own failure or success. Other descriptions for failure or success can be stable and unstable. Stable is something that can affect your outcome either to success or failure that will never change. This means that unstable must be something that can change. When you pair these attributions you can get a likely successful student, Internal and unstable, then an unsuccessful student, external and stable.

If you have internal and unstable attributions you are a good student. This is because you will probably have success due to the fact that you either know that you can do things yourself or because you can realize your own mistakes. There is also another type of student. This type of student isn’t aware of them self and just tries to find reasons why they aren’t the problem. These are the likely unsuccessful students. They either can’t see that they were the issue or they think that others are the reason for their success. This means that they rely on others for help. So to be successful, focus on yourself and see how you can improve.

If you were to be an employee and you had certain attributions, you would want to have internal and unstable attributions. This would show your boss that you learn from your mistakes and you won’t blame other colleagues for your success or failure. Let’s say you’re working at Dunkin Donuts for a first job and give someone the wrong order. An internal and unstable employee would say, “I accidentally gave them the wrong order because I didn’t get enough sleep last night.” An external and stable employee instead would say, “I accidentally gave them the wrong order because the other guy who works here is annoying and distracted me.” That would show your boss that you don’t take responsibility, this means you can’t handle responsibility.

People need to know these attributions. This is because once they know, they can change themselves. The most important thing someone can have is success and success turns into happiness, love of job, and if you have a job, you can find love because no one likes a jobless failure. Employees and people in general need to have internal and unstable attributions to have a successful economic social life.

To be a person with internal and unstable attributions is to be a good, happy and successful person. Not only is it good for students to know, it is good for everyone to know. Employees will become someone who is responsible in their boss’s eyes. Internal and unstable shows responsibility for yourself and it shows that you know how to improve. External and stable shows that you don’t know how to handle responsibility. Learn how to take care of yourself and be responsible, be internal. Learn how to improve and change, be unstable.